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2015's hottest trends. PAGE 12



BOIL ADVISORY STILL IN EFFECT

Franklin Fernando picks up bottled water outside the Portage Avenue Foodfare store Wednesday afternoon. Winnipeg is still under a boil water advisory. Story, page 3. SHANE GIBSON/METRO

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Tuesday,
February 17, 2015

12pm - 3pm | 5pm - 8pm

Wednesday,
February 18, 2015

9am - 2pm

OUR GRADS GET HIRED

Two charged in road death

Pedestrian killed.

One man accused of
manslaughter, another
man accused of drunk
driving causing death



SHANE
GIBSON

shane.gibson@metronews.ca

Quoted

"What we have here
is a pedestrian just
attempting to cross the
street, and then this
tragedy occurs."

Police spokesman Const. Eric Hofley

Police say Winnipeg's first
homicide victim of the year
was beaten in a fit of apparent
road rage, left unconscious on
a roadway — and then run
over by a drunk driver.

The victim has been identified
as Justin Craig McKay, 22,
of Winnipeg.

Police say McKay was crossing
Isabel Street near Pacific
Avenue around 11:20 p.m.
Friday when a man got out of a
passing vehicle and assaulted
him.

The man and a female driver
then fled the scene, leaving
McKay unconscious in the
southbound lanes of Isabel
Street, according to police.

That's when a man driving
another vehicle hit McKay.

"This is very unusual," said
police spokesman Const. Eric
Hofley, adding none of the
three men knew each other
previously. "What we have
here is a pedestrian just
attempting to cross the
street, and then this tragedy occurs."

Police in the area saw McKay
get hit and were able to
stop the vehicle and arrest the
driver.

Desmond Evan Spicer, 50,
faces charges of drunk driving
causing death. He is in
custody.

Police said they were able to
identify the man who got
into a fight with McKay, and
the man was arrested Tuesday.

Billy Joe Couture, 28, faces
manslaughter charges. He is
also in custody.

ACCESS centre, daycare to stay closed for months

Infrastructure.

Four burst water pipes at health centre flooded the complex; renovations expected to cost \$5 million

A Winnipeg health centre and a local daycare will be closed for three to five months after water pipes burst inside the facility in early January.

The Winnipeg Regional Health Authority (WRHA) issued a statement Wednesday saying it could be summertime before the ACCESS Winnipeg West centre next to the Grace Hospital is ready to reopen.

"In the early morning of Sunday, Jan. 4, 2015, four water pipes froze on the top floor of the three-floor facility, causing them to burst and flood the floors beneath, including the daycare," reads the statement.

"After further investigation, it was determined a maintenance hatch on the third floor became ajar, allowing cold winter air into the surround-

Quoted

"Damage to the facility has primarily affected interior walls and flooring."

Winnipeg Regional Health Authority

ing area, freezing four pipes on the third floor, causing them to burst."

Water ran unabated for several hours, flooding the area and the floors beneath.

"Motion sensors detected the water, alerting security, who notified the building engineers, who immediately turned off the water supply."

However, the damage was done. Renovations and repairs are expected to cost \$5 million, said the WRHA. No one was inside when the pipes burst.

"Damage to the facility has primarily affected interior walls and flooring," said the WRHA. "The majority of furnishings and electronics were preserved due to their elevation. Restoration work is underway to drywall, flooring, lighting fixtures and ceiling tile replacement throughout the centre." **METRO**



Repairs at the ACCESS Winnipeg West health-care centre are underway and are expected to last three to five months.
COURTESY WINNIPEG REGIONAL HEALTH AUTHORITY

City aims to combat racism with new website



The City of Winnipeg is launching 1Winnipeg.ca to collect ideas on how to stop racism. SCREENSHOT

Mayor Brian Bowman wants Winnipeggers to give him feedback through a new website on how to eradicate ignorance and intolerance.

The site, called 1Winnipeg.ca, is currently under construction but will be "dedicated to idea-sharing and to furthering the dialogue the mayor has

already begun with the most influential and positive individuals and organizations from all sectors of the city and who are leading the nation to make a difference in our community," said the mayor's office.

Bowman announced the creation of the website during a morning interview with CBC.

"(Racism) affects all of us as a community, so what I want is I want people to reach out to us through the website," Bowman told CBC, adding that this is a "complex and historical issue."

This initiative comes less than a week after a Maclean's cover story named Winnipeg the most racist city in Canada.

The mayor's office said the website "calls for citizen input on how our city can work collaboratively as a community to work towards eradicating ignorance and intolerance in Winnipeg and lead our nation forward in inclusivity, equality and love for one another."

BERNICE PONTANILLA/METRO



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Keep on boiling water for now



Geoff Patton, acting director of the Water and Waste Department, said the department is investigating how the original tests came back with false positive results. JOHN WOODS/THE CANADIAN PRESS

Some try to tap water woes for cash

While grocery stores and water-supply outlets scrambled to meet customer demand for clean water, a few entrepreneurial Winnipeggers saw their own opportunity to profit from the city's plumbing problems.

Several water-related ads were posted to Kijiji in the hours after the city announced the boil-water advisory, some more serious than others.

A case of 35 bottles of water was listed for \$50, while four-gallon jugs of distilled water were even pricier at \$100 each.

A Starbuck resident advertised an "E. coli water-purification system" for \$120, including free delivery to Winnipeg, while someone from Beausejour tried to unload a used water-treatment system for \$3,250.

However, the most creative approach might have been an offer for "water-boiling services" at \$15 for five litres:

"I am trained and certified specialist in water boiling. Bring me your water, and I will use my professional-grade stock pots to boil it and will cool it for you in my superior backyard cooling system. Your containers will be washed and refilled

Tests. Recent results came back clean but need to be verified

The most recent tests done on Winnipeg's water supply came back clean Wednesday, but the city's 700,000 residents remain under a boil-water advisory until the results are verified.

Mayor Brian Bowman said it could be Thursday afternoon before yet another round of tests is completed and people would be able to safely drink the water without boiling it first.

"I'm pleased to advise that the testing we've conducted in the last 24 hours has come back negative, which means, according to our experts ... (the original samples) are false positives," Bowman said at an update.

Under provincial guidelines, a boil-water advisory cannot be lifted until two consecutive retests come back clean.

"The province has the authority to lift the precautionary boil-water advis-

ory. Once we receive that indication, we'll obviously notify Winnipeggers as quickly as possible."

The advisory was put in place Tuesday after coliform and E. coli showed up in extremely low levels in six of 39 water samples taken during routine testing.

Businesses and residents were being told that tap water was safe for bathing and laundry but were advised to boil it for at least a minute before drinking it.

Once the advisory is lifted, the city will turn its attention to figuring out what happened.

Geoff Patton, acting director of the Water and Waste Department, said the same worker took all six of the suspect samples but what went wrong is still a mystery.

Around Winnipeg, most coffee shops and restaurants were open, although some menu items were not available.

Schools were also open, but some warned students to bring bottled water because the water fountains were closed. It was business as usual at city pools.

Hospitals saw no sign of a spike in illness, and surgeries and other services went on as usual.

Bowman urged residents to heed the precautions but at the same time remain calm.

Brian Wills said he, his wife and four children were not too worried. He even used a bit of tap water to brush his teeth — something the city advised against. And he was pleasantly surprised to find his favourite coffee shop was still brewing Wednesday morning.

"I often buy my coffee out, so I would hope that they're doing something with their water to not get (people) sick."

Brent Neill said he drank a lot of the water just before the advisory was issued.

"I was at the YMCA and drinking water from the water fountain ... but I didn't think too much of it."

However, residents did stock up on bottled water, with many grocery stores selling out on Wednesday and water-supply stores flooded with customers.

THE CANADIAN PRESS



As shoppers seeking water found only empty shelves, some people began selling "water services" on Kijiji. JOHN WOODS/THE CANADIAN PRESS

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KEN mode frontman says if not for Nirvana, he'd 'be a microbiologist'

Music. For upcoming sixth album, Winnipeg noise-rock band brings aboard legendary producer Steve Albini



BACKSTAGE
PASS

Jared Story
winnipeg@metronews.ca

"In Utero, that was the record that ruined my life."

Nirvana's 1993 album was a game changer for KEN mode frontman Jesse Matthewson. If not for In Utero and its raw, abrasive sound, the Winnipeg noise-rock musician believes his life would have turned out differently.

"I would probably have a big house. I'd be a microbiologist with a wife and two

kids if it wasn't for that g-damn record," he said.

Matthewson might want to hold off on that mortgage. KEN mode's forthcoming sixth studio album, Success, was produced by Steve Albini, the engineer behind In Utero as well as such albums as the Pixies' Surfer Rosa and the Jesus Lizard's Goat.

"His work has always been the high-water mark for what I want records to sound like, because of bands like the Jesus Lizard, Nirvana and Neurosis. And the list goes on and on. A large portion of my top 10 records of all time, he did," Matthewson said.

KEN mode, which is composed of brothers Jesse (guitar/vocals) and Shane Matthewson (drums) and bassist Scott Hamilton, brought the Chicago-based producer to Winnipeg in November to record at Exchange District



Juno Award-winning Winnipeg noise-rock band KEN mode recorded its forthcoming album with Steve Albini, the producer behind Nirvana's In Utero. CONTRIBUTED

Studios.

Jesse said Albini enabled the noise-rock band to achieve a very raw, stripped-

down sound.

"I think where I was coming from was a place back to my roots, before I got

into hardcore or metal," he said. "It's very much a more indie/noise-rock approach. It's angular. It's still mean-

sounding, but that metallic edge is kind of absent to a certain degree, which I feel almost makes it more powerful. It will be interesting to see if it gets accepted outside of heavy music."

Although KEN mode, which won a Juno in 2011 for its Venerable album, isn't the type of band to get starstruck, Jesse admits there were a few surreal moments recording with Albini.

"You'd hear him speak, and part of your brain would twig where it took you back to listening to Big Black (a punk-rock band Albini founded) when you were 14 in your parents' house — 'Man, this is weird,'" he said.

KEN mode plays the Sherbrook Inn on Friday as part of the Big Fun Festival. Tickets are \$12 at Into the Music, Music Trader and online at ticketworkshop.com. Doors open at 10 p.m.

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Central Winnipeg groups to get \$148K in funding

A handful of groups offering social and community connections in central Winnipeg can expand their work thanks to provincial funding announced Wednesday.

"We want to make sure that everyone has a place where they can feel safe and comfortable and have opportunities to grow," said Housing and Community Development Minister Kerri Irvin-Ross of the \$148,000 in funding through the province's Neighbourhoods Alive! program.

"Neighbourhoods Alive! brings people together; it celebrates diversity and provides opportunities for all."

The funding will see Artbeat Studio get \$35,000 for neighbourhood art activities, the Central Neighbourhoods Development Corporation receive nearly \$39,000 for safety-related programs, Frame Projects get just over \$20,000 and Mosaic Newcomer Family Resource Network get just over \$31,000 for parenting classes.

The University of Winnipeg's Wii Chiwaakanak



Artbeat Studio volunteer facilitator Katia Kaplun shows participants a painting at the group's central studio. Artbeat Studio is among six local groups benefitting from provincial funding announced Wednesday. SHANE GIBSON/METRO

Learning Centre will also receive \$12,500 for after-school recreation programming, and the Central Neighbourhoods Renewal Initiative will get \$10,000 for capacity building.

"These local groups are

enhancing quality of life and helping build a strong sense of community," said Irvin-Ross in a release. "By working together with community partners, we are building, supporting and revitalizing neighbourhoods." METRO



French first for council

Coun. Brian Mayes makes a statement in French during Wednesday's city council meeting as his colleague Coun. Janice Lukes listens to the translation through an earpiece — a first for council. Both Mayes and Coun. Matt Allard made use of the new service several times during the meeting. **BERNICE PONTANILLA/METRO**

Council OKs Convention Centre deal

Development. Coun. Marty Morantz sorry 'bad' was only option



BERNICE PONTANILLA

bernice.pontanilla@metronews.ca

The much-debated \$3.75-million deal that lets a construction company off the hook from a hotel requirement for the Winnipeg Convention Centre passed at city council on Wednesday.

"This was a unanimous decision, and I think that speaks volumes," Bowman told media after the meeting.

On Monday, executive policy committee members amended the original deal, adding a clause requiring that the Convention Centre sign its development agreement with construction company Stuart Olson.

It also added an expression-of-interest process for the former Carlton Inn site, which CentreVenture signed an option agreement for with True North.

There was no debate when

the deal hit the council-chamber floor, but several councillors did question the CentreVenture-True North option agreement.

Coun. Marty Morantz, who asked pointed questions of the CentreVenture delegation during Monday's special executive policy meeting, said there's still information that he'd like to see.

He also said city council was forced to pick the "bad" option, referring to Convention Centre board member Bob Silver's now-infamous quote that what was being offered to them was "bad and worse — pick one."

"Believe me, I wish that we could somehow have come up with a better solution, but I just didn't see it out there," said Morantz, adding he's sorry they had to pick this deal.

"I think that the \$16-million loan has to flow to the Convention Centre to finish that project."

In an email to Metro from CentreVenture, president and CEO Angela Mathieson said they will "need some time to review it before confirming the full implications."

Golf-course campaign

Responsible Winnipeg continues to whiff

The much-maligned Responsible Winnipeg campaign that encouraged the privatization of the city's golf courses back in 2013 made an appearance during Wednesday's council meeting.

Council was debating the 2015 business plan for the

golf-services special operating agency, especially with regards to accounting, as the report stated an improved forecasted income but also declining rounds.

Coun. Jeff Browaty (North Kildonan), who was a member of the executive policy committee when ex-mayor Sam Katz and Coun. Russ Wyatt (Transcona) hatched the \$70,000 Responsible Winnipeg campaign, said it was a "textbook case" of how not to do public relations. **METRO**

Winter driving

Drive to road conditions: Insurer

After seeing an uptick in crash claims caused by not driving to road conditions this winter, Manitoba Public Insurance (MPI) is reminding drivers to slow down during bad weather.

In a release Wednesday, MPI said drivers going too fast for road conditions have brought in nearly

2,000 claims since November.

"Many of these crashes could have been prevented," said MaryAnn Kempe of MPI in the release. "During the winter months, when we experience frigid temperatures, heavy snow, slush and freezing rain, motorists need to make adjustments."

To help drive home the message, the public insurer is bringing back its "Take It Slow" ad campaign. **METRO**

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New terror law concerns privacy watchdog

Canada's privacy watchdog is expressing early concerns about information-sharing provisions expected in the Conservatives' new anti-terror laws, as Prime Minister Stephen Harper meets with Toronto police chiefs to win support for the new measures.

Daniel Therrien said he's been briefed on the government's new anti-terror bill, to be tabled in Parliament on Fri-

day, and will be watching the wording of provisions designed to increase information-sharing among government agencies.

"Information sharing regarding whom? Regarding people who are suspected of terrorist activities, or the sharing of information about other Canadians who are not suspected of anything in order to identify a national security threat," Therrien said.

"Travellers crossing the border, ordinary Canadians crossing the border. Will there be greater information sharing about them from the border agency to the secret service?"

The measures are expected to improve security agencies' ability to share information and allow security officials to take "proactive measures" earlier in a terror investigation if they perceive a threat.

As well, amendments are coming to the Criminal Code to deter the promotion of terrorism and make it easier for law-enforcement officials to obtain peace bonds. It is expected there will also be changes to "enhance" no-fly rules.

The government has expressed concern about Canadians travelling abroad to fight alongside extremists.

TORSTAR NEWS SERVICE



The Communications Security Establishment Canada (CSE) complex is pictured in Ottawa on October 15, 2013. SEAN KILPATRICK/THE CANADIAN PRESS

CSE stands by its role in Internet hunt for terrorists

Spy agency. Document says CSE analysts can access information on 10 to 15 million downloads from free sites each day

Canada's electronic spy agency is defending its role in the search for extremists following a report that says it sifts through millions of videos and documents downloaded globally every day through file-sharing services.

Details of the Communications Security Establishment project, called Levitation, are revealed in a 2012 PowerPoint presentation obtained by former U.S. intelligence contractor Edward Snowden,

CBC News says.

CBC analyzed the document with U.S. news website The Intercept, which obtained it from Snowden. It also posted the presentation online, with some of the information blacked out. The Ottawa-based CSE employs mathematicians, codebreakers, linguists and software experts, with the aim of both collecting foreign secrets and shielding Canada's confidences from prying eyes.

The document says that under Levitation, CSE analysts can access information on about 10 to 15 million uploads and downloads of files from free websites each day.

Extremists generally use free file-uploading sites to distribute training materials, while al-Qaida uses them to spread jihadist propaganda, the document says. It notes CSE finds about

Metadata

CSE said that the agency is authorized to collect and analyze metadata — data trails about messages and calls, not the actual content.

- Privacy advocates have stressed that metadata is not innocuous, as it can reveal much about a person's online behaviour.
- CSE said it takes strict measures to protect the privacy of Canadians when it comes across their information.

350 "interesting download events" per month, citing one on how to make a gas bomb.

One privacy advocate ex-

pressed alarm at the CBC report. "CSE is clearly spying on the private online activities of millions of innocent people, including Canadians, despite repeated government assurances to the contrary," said OpenMedia.ca spokesman David Christopher.

"Law-abiding Internet users who use popular file-hosting services are now finding themselves under the government's microscope."

CSE stood by its methods, saying they have helped counter terrorism.

"CSE's foreign signals intelligence has played a vital role in uncovering foreign-based extremists' efforts to attract, radicalize, and train individuals to carry out attacks in Canada and abroad," agency spokesman Ryan Foreman said in an emailed statement Wednesday.

TORSTAR NEWS SERVICE

Cyberbullying. Accused denies tormenting Todd

The Dutch man accused of cyberbullying a British Columbia teen who died by suicide has penned an open letter from jail in the Netherlands, proclaiming his innocence and denying he was "the so-called tormentor" of Amanda Todd.

Aydin Coban released the four-page, handwritten composition through his lawyer to mark one year of his imprisonment and to address the "many blatant lies" he says have swirled about his case worldwide.

"I'm not the so-called tormentor of Miss. Amanda Todd or of anyone else for that matter. I've been in jail exactly a year now for things I haven't done," he writes in the letter dated Jan. 13.

Todd was a 15-year-old from Port Coquitlam, B.C., whose image went viral after she died by suicide in October 2012. Not long before her death, she



Amanda Todd THE CANADIAN PRESS

silently used flashcards to recount her disturbing encounters with an online harasser in a YouTube video.

Her story of sexual exploitation spurred a national conversation about online bullying and prompted the Canadian government to introduce legislation that would criminalize the distribution of intimate images without the person's consent. THE CANADIAN PRESS

Politics. Feds spend \$700K fighting veterans' lawsuit

The federal government has so far spent nearly \$700,000 fighting a disgruntled group of wounded Afghan veterans in court — a revelation that on Wednesday rekindled a political controversy the Conservatives hoped was behind them.

During question period, Prime Minister Stephen Harper tried to cast the ongoing court battle as the legacy of a flawed policy that was foisted on Parliament nine years ago by Paul Martin's Liberal government.

"The government is defending a decision of the previous government, supported by all parties in the House of Commons," Harper said, referring to the new veterans charter, which the Conservatives have championed since coming to

office in 2006.

In response to a written question posed by the opposition, the Department of Justice said it spent \$694,070 in legal fees, while National Defence spent \$3,231. Liberal Leader Justin Trudeau used the cost to demand in the House that the lawsuit be dropped.

Liberal veterans critic Frank Valeriote described the government's response as "hypocrisy," noting that the issue for ex-soldiers is not the system itself, but the amount of funding within it.

"Spending \$700,000 a year to fight vets in court is not supporting our troops," NDP Leader Tom Mulcair said during a heated question period exchange with Harper. THE CANADIAN PRESS

Attempted rape

Canadian facing charges in U.S.

A Canadian man has been charged with attempted kidnapping and attempted rape after travelling to the U.S. to allegedly pursue a sexual relationship with an underage girl.

Tyler Beavis was arrested last Friday as he was on his way to meet a 14-year-old girl in Kent, Wash., located half an hour south of Seattle, said a spokeswoman with the King County Sheriff's Office. THE CANADIAN PRESS

Robert Pickton

Mom says killer should be charged in daughter's death

The mother of a woman whose DNA was found on Robert Pickton's property says the serial killer should be charged with murder, arguing human remains returned to her represent new evidence. Michele Pineault said an official with the B.C. Coroners Service met with her last September and gave her remains belonging to her daughter. THE CANADIAN PRESS

Jordan offers prisoner swap to ISIL in bid to save pilot

Hostages. Extremists threaten to kill both if would-be hotel bomber not freed

Jordan offered a precedent-setting prisoner swap to the Islamic State of Iraq and the Levant (ISIL) on Wednesday in a desperate attempt to save a Jordanian air-force pilot the militants purportedly threatened to kill along with a Japanese hostage.

Meeting ISIL's demand for the release of a would-be hotel bomber linked to al-Qaida would run counter to the Kingdom's hard-line approach to the extremists, but the government faces domestic pressure to bring the pilot home.

Efforts to release the pilot, Lt. Muath al-Kaseasbeh, and Japanese journalist Kenji Goto gained urgency with the release late Tuesday of a purported online ultimatum claiming ISIL would kill both hostages within 24 hours if the al-Qaida-linked

prisoner was not freed.

By Wednesday evening, there was no word on the fate of the hostages and no sign that a swap was underway. In a possible indication of a holdup, Jordan's foreign minister wrote on his Twitter account that Jordan had not received evidence the pilot was alive and healthy.

The scope of a possible swap and of ISIL's demands also remained unclear. Jordanian government spokesman Mohammed al-Momani said Jordan is ready to trade the prisoner, an Iraqi woman convicted of involvement in deadly Amman hotel bombings in 2005, for the pilot. Al-Momani made no mention of Goto, and it was not clear if the swap proposed by Jordan would satisfy the hostage-takers.

Any exchange would set a precedent for negotiating with ISIL, which in the past has not publicly demanded prisoner releases. Jordan's main ally, the United States, opposes negotiations with extremists.

THE ASSOCIATED PRESS

Tokyo *A mother's pleas*

In Tokyo, Junko Ishido, the mother of Japanese journalist Kenji Goto — whom ISIL militants are holding and threatening to kill alongside Jordanian pilot Lt. Mu'ath al-Kaseasbeh — appealed publicly to Prime Minister Shinzo Abe. "Please save Kenji's life," Ishido said, begging Abe to work with the Jordanian government until the very end to try to save Goto.



Junko Ishido. THE ASSOCIATED PRESS



A woman watches a TV news program Wednesday in Tokyo reporting on a video posted on YouTube by jihadists on Tuesday that purports to show a still photo of Japanese hostage Kenji Goto holding what appears to be a photo of Jordanian pilot 1st Lt. Mu'ath al-Kaseasbeh. RAAD ADAYLEH/THE ASSOCIATED PRESS

Hezbollah hits Israeli convoy, kills two soldiers



Israeli soldiers treat a wounded soldier near the Israel-Lebanon border on Wednesday. GILI ELIYAHU/JINIPIX/THE CANADIAN PRESS

Missiles fired by the Lebanese Hezbollah group struck an Israeli military convoy on Wednesday, killing two soldiers in an apparent retaliation for a deadly airstrike attributed to Israel that killed six Hezbollah fighters in Syria earlier this month.

It was the deadliest Hezbollah attack against Israeli forces since a 2006 war between the two sides.

Israeli Prime Minister Benjamin Netanyahu said Israel would respond "forcefully" to the attack. The military launched aerial and ground

assaults on Hezbollah positions, including at least 50 artillery shells, according to Lebanese officials.

A Spanish peacekeeper was killed in the border flare-up in southern Lebanon.

In a statement, Hezbollah said its fighters destroyed a number of Israeli vehicles that were carrying Israeli officers and soldiers and caused casualties among "enemy ranks." The soldiers' ranks were not immediately known.

Hezbollah said the attack was carried out by a group

calling itself the "righteous martyrs of Quneitra," suggesting it was in retaliation for an Israeli airstrike on the Golan Heights on Jan. 18 that killed six Hezbollah fighters and an Iranian general.

Ever since, Israel has braced for a response to the strike, beefing up its air defenses and increasing surveillance along its northern frontier.

The Israeli military said several anti-tank missiles hit an Israeli military convoy near Mount Dov and Chebaa Farms, a disputed tract of

land where the borders of Israel, Lebanon and Syria meet. The two soldiers were killed in the strike and seven others were wounded, the military said.

About an hour after the attack, mortars were fired at several Israeli military locations on Mount Dov and Mount Hermon, the Israeli military said. No injuries were reported in that attack.

The military said it responded with fire toward Lebanese positions and evacuated Israeli visitors from a ski resort in the area. THE ASSOCIATED PRESS

Nigeria

Islamic extremists attack villages

Islamic extremists are rampaging through villages in northeastern Nigeria, killing, burning and looting with no troops protecting civilians, said fleeing villagers on Wednesday.

More than 40 people have been killed in seven

villages in Adamawa state this week, according to resident Emmanuel Kwache.

"They slaughtered people like rams and they burned down our houses after looting food," Kwache said. "There's no presence of troops. Some residents are hiding on top of hills, while those that could not run were abducted, particularly youths and women."

THE ASSOCIATED PRESS

Denver

Friend disputes police account of shooting death

A teenage passenger who was in a car when a 17-year-old girl was shot and killed by Denver police has disputed authorities' account of her death, saying officers opened fire before one of them was

struck by the vehicle. The shooting occurred amid a national debate about police use of force fuelled by racially charged episodes in Ferguson, Mo., and New York City. The passenger, speaking to The Associated Press on the condition of anonymity, said her friend, Jessica Hernandez, lost control of the vehicle because she was unconscious after being shot.

THE ASSOCIATED PRESS

1961 case

Judge tosses the convictions of nine civil-rights activists

The convictions of nine black South Carolina men who integrated a whites-only lunch counter during the height of the American civil-rights movement were tossed out Wednesday during an

emotional hearing before a packed courtroom.

"We cannot rewrite history but we can right history," Judge Mark Hayes said as he made the ruling for the men known as the Friendship 9, and those in court clapped and cheered.

Prosecutor Kevin Brackett apologized to the men — eight of whom were in court. The ninth has died.

THE ASSOCIATED PRESS

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We should all know that protein is an important dietary staple. Failure to meet your daily protein needs can result in protein (muscle) loss, even if you are physically active. Muscle loss can also occur if you're trying to lose weight and do not take on board a sufficient amount of protein. A recent study actually showed that individuals needed twice the recommended daily intake of protein to prevent muscle loss while losing weight/eating a caloric deficit diet. i.e.: 1.6g of protein per kg of body weight a day.

In addition, protein increases satiety (keeping you fuller for longer) and contributes to a healthy immune system – an inadequate amount of protein can lead to the depletion of immune cells and the inability of the body to make antibodies.

Protein bars can be a convenient and low calorie way of helping one achieve daily protein needs, and a bar can make a super tasty and healthy snack for 'on the go' or in-between meals. (Of course food always comes first, so protein bars should be used as a supplement and not as a food replacement.)

Quest Bars are superior to other protein bars in many ways, as they are low in calories, high in protein, high in fibre with no added sugar and are extremely low in net carbs. The ingredients list is also relatively short in comparison to other protein bars. The 60g bars comes in at 170-210 calories and provide 20g of protein. On average, a bar contains 5g of fat with the nut containing bars containing more e.g. Vanilla Almond Crunch has 9g because of the healthy fats in the nuts. The bars contain a low amount of naturally occurring sugars (between 1g and 4g).

The main ingredient in the bars is whey protein isolate and milk protein isolate, both of which are high quality protein sources that can be used to increase muscle mass when combined with resistance (weight) training. They have a low glycemic index and contain calcium, iron, phosphorous and magnesium.

Quest bars have low net carbohydrates because our bodies don't take on board the fibre content which makes up the majority of total carbohydrate amount. The fibre is not digested and used as energy at all; the isomaltoligosaccharide is a type of carbohydrate that is almost digestion resistant.

The bars have a chewy texture, and most important of all, taste AMAZING! The bars when warmed in the microwave for 10-15 seconds taste like dessert and can also be made into some delicious recipes.

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Tim Hortons bound by layoff restrictions

Takeover. Industry Canada says Burger King has agreed to keep 80 per cent of corporate jobs

Ottawa has restricted Burger King from eliminating more than 20 per cent of corporate staff at Tim Hortons' long-time headquarters or regional offices, an Industry Canada spokesman confirms.

The newly merged company Restaurant Brands International is required to "maintain significant employment levels" of non-restaurant employees as part of the list of commitments the fast-food behemoth made to get final approval in December from the federal government to seal the \$12.5-billion deal.

Although it wasn't announced at the time, Industry Minister James Moore actually secured a more definitive commitment that Burger King maintain 80 per cent of Tim Hortons' "entire corporate footprint" at both the Oakville head office and regional offices across Canada, said his press secretary, Jake Enwright.

Tim Hortons still refused Wednesday to publicly divulge the exact number of people who were laid off this week, although media speculation has run rampant that up to 40 per cent of middle managers were swept up



Tim Hortons franchises employ 96,000 restaurant workers and are barred from reducing staffing levels under an agreement reached with Burger King, according to Industry Minister James Moore's press secretary Jake Enwright.

THE CANADIAN PRESS FILE

Layoff fears

40%

Media speculation has run rampant that up to 40 per cent of middle managers were swept up in the round of layoffs that began Tuesday morning.

in the round of layoffs that began Tuesday morning, just six weeks after the controversial takeover was completed.

With an estimated 2,000 employees at both head office and seven regional offices from British Columbia to Nova Scotia and one in the U.S., the restrictions would translate into a maximum of 200 workers impacted.

Enwright pointed out

that Tim Hortons franchises, which employ 96,000 restaurant workers, cannot reduce staffing levels under the agreement with Burger King.

The merger created the world's third-largest restaurant company, with 18,000 stores and \$23 billion in sales. It was originally pitched by executives as the best way to expand Tim Hortons internationally and make the Canadian brand truly global.

When the blockbuster deal was announced last August, critics warned that Burger King's owner 3G Capital, a Brazil-based investment firm, has a track record of paring staff and slashing costs and would do the same in a Tims takeover. TORSTAR NEWS SERVICE

Internet

Yahoo spins off valuable stake in China's Alibaba

Yahoo CEO Marissa Mayer is losing a precious security blanket now that she is spinning off the Internet company's prized stake in China's Alibaba Group into a new entity called SpinCo.

Ownership of 384 million shares of Alibaba stock, currently worth \$39 billion US, represent the main reason that Yahoo's stock has more than tripled since Mayer became CEO. Investors viewed Yahoo as another way to own a piece of Alibaba. As long as there was a link to the e-commerce company, it almost didn't matter that Yahoo's own digital services have been struggling to generate more revenue.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
79.87¢ (-0.75¢)

TSX
14,602.88 (-231)

OIL
\$44.45 US (-\$1.78)

GOLD
\$1,285.90 US (-\$5.80)

Natural gas: \$2.866 (+1.5¢)
Dow Jones: 17,191.37 (-195.84)

Privacy. Made-in-Canada app makes browsing safer

A Toronto developer has released a new app that keeps your online browsing safe from Big Brother.

Andrew Hilts is the man behind TrackerSSL, a plugin for the Chrome web browser that lets users know if websites are transmitting their personal information without encrypting it first.

"The goal is to encourage websites to adopt encrypted data transmission," he said. "By encrypting information, it makes it much more difficult for mass surveillance systems to vacuum up."

The app was launched Wednesday, which was both international Data Privacy Day and the day news broke that Canada's national spy agency, CSEC, was monitoring the downloading habits

of millions of Internet users.

TrackerSSL works by targeting data shared by online advertising services such as Google and Facebook. "By compiling a list of what you're browsing online, ad companies can infer what your interests are or what political views you have," Hilts said.

The problem is that many websites send information to advertising sites in a way that's easy for spy agencies, including CSEC and the NSA, to get their hands on.

"On most websites, your data isn't secured at all," said Hilts. "It's the equivalent of sending a sensitive piece of mail without an envelope. Anyone along the chain could easily look at your letter and read everything."

LUKE SIMCOE/METRO IN TORONTO

Employment. Sidewalk job hunter snags career

Innovative thinking — and the stamina to brave frigid weather — has finally paid off for Xingyi Yan.

The University of Toronto grad took to city streets a few months ago with a sandwich-board sign advertising that she was available for hire. Now, she's a search analyst at advertising company Reprise Media.

The unconventional job-hunting strategy drew plenty of criticism. One person, Yan said, told her she was "humiliating" herself by begging for a job. Regardless, she has no regrets. "It got me a job in my dream career," Yan said.

Her new job ties in with her effort. Someone who passed Yan on the street took her résumé, referred her to a network for marketing pro-



Xingyi Yan at her desk at Reprise Media where she landed a job after taking to the streets for weeks with a placard, handing out résumés.

CARLOS OSORIO/TORSTAR NEWS SERVICE

fessionals and she spotted the opening at Reprise Media.

A week later, she had a job interview. Overall, Yan said, she landed more than a dozen job-interview opportunities out of the campaign.

GILBERT NGABO/METRO IN TORONTO

VOICES

CRIMINALIZING DISSENT

Terrorism “endorsement” law a half-baked idea that would make free thought illegal



OMAR MOUALEM
readers@metronews.ca

Last Sunday, Prime Minister Stephen Harper, standing before a humongous Canadian flag, promised a new anti-terror bill that would “help authorities stop planned attacks, get threats off our streets and” — insert record scratch — “criminalize the promotion of terrorism.”

Such a law is intended to prevent another Parliament shooting, but without a Criminal Code definition of “terrorism” (just a robust definition of “terrorist activity”), does it also leave us vulnerable to an attack on free expression?

We can assume Harper was referring to jihadi terrorism — not environmental terrorism or white supremacist terrorism — since that

was the crux of his campaign-tinged speech at an Ottawa secondary school. But we’ll see tomorrow, as he is poised to unveil the proposed legislation Friday. The Liberals are backing it.

“Glorification of terrorism” laws have been on Harper’s radar for a while and they’ve intensified after incidents in October that claimed the lives of two Canadian soldiers — one in Quebec and another in Ottawa on Parliament Hill. French authorities recently used a glorification law to arrest comedian Dieudonné M’bala M’bala, who posted “I feel like Charlie Coulibaly” (Coulibaly being the last name of one of the Paris gunmen) on Facebook.

Two researchers, from the universities of British Columbia and Waterloo, recently assessed a pro-

spective glorification law for Canada and concluded: “The chill effect on speech would be potentially enormous.... The measures may also be counterproductive, diminishing the very speech that may contain strategic and tactical intelligence for counter-terrorism investigators.”

To be clear, our Charter of Rights and Freedoms already prohibits expressions of violence, threats of violence and general hate propaganda. With sweeping powers such as preventative detention already in its possession, it’s difficult to understand why law enforcement needs anything more.

Criminalizing “endorsements of terror” could target speech with only vague intent.

And the law doesn’t like vagueness. It recoils at vagueness. It shriv-

els and breaks apart.

An endorsement, we can assume, is a public or private approval of terrorism — systematic violence to coerce a government or community (I’m just deferring to the Oxford dictionary now, since I can’t rely on the Criminal Code for a definition yet). A Canadian might endorse or glorify terrorism because he or she is trying to test the waters with their audience and organize an attack, sure, but a Canadian might also do so for more complex reasons that we won’t begin to understand if we preemptively shush them.

Some Canadians’ families are from countries where their elected governments are also threats to national security or belong to a marginalized ethnic group that, overseas, is protected by a certified terrorist organization.

Prepare to read many “endorsements” of terrorism as Israel prepares to retaliate against Lebanon for the killing of two IDF soldiers by Hezbollah missiles.

Are they, and anyone who retweets an ISIL beheading video or likes M’bala’s comments, guilty by association?

And what else are we willing to criminalize in the name of small security?

Regardless of how shocking and, yes, potentially dangerous these “endorsements” may be, they have the right to be expressed — then criticized, debated or mocked.

Apparently, though, this isn’t enough for the Harper government. Is it enough for you?

Omar Mouallem is an Edmonton-based writer and editor of *The Yards*.

No good deed goes unpunished by law enforcement



KRISTEN THOMPSON
readers@metronews.ca

I’m your average Canadian: polite, apologetic and law-abiding. I like that rules are in place to maintain order and fairness.

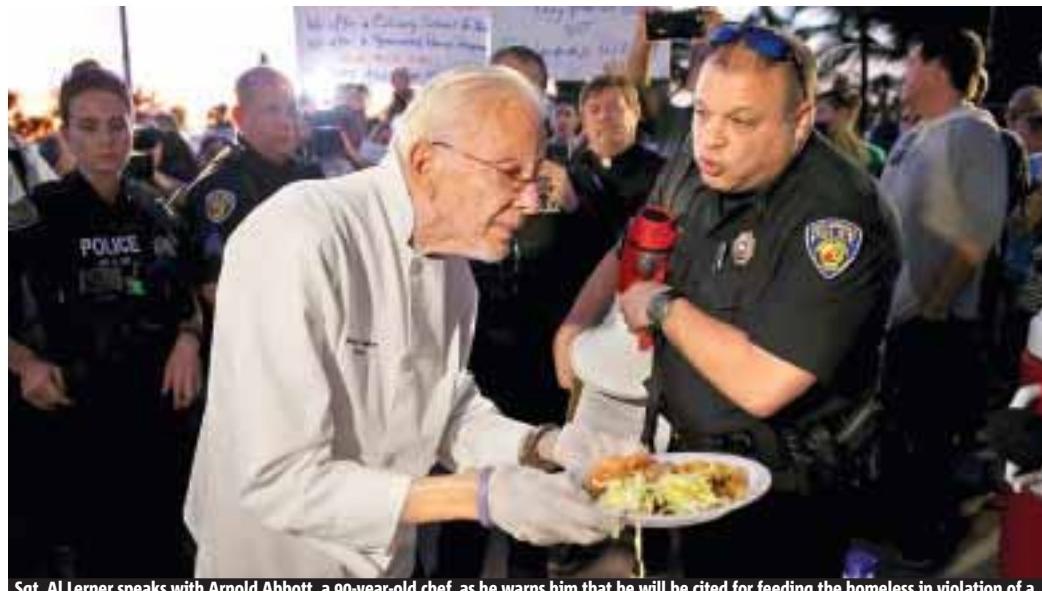
But there’s something wrong with a legal system that punishes Good Samaritans — and by extension the people they are trying to help.

Take the recent story of a Calgary woman who was fined \$250 for giving her transit pass to a man who was down on his luck. The woman, who had two passes, says she was trying to be generous by gifting her pass to someone in need. A transit officer fined them both.

“It’s not about the money or the fine but about the way David was treated,” the woman told Metro in a recent interview. “Calgary is supposed to be a place where we look out for each other.”

She’s right. Rules, 99 per cent of the time, should be enforced. But if we can’t make exceptions for those cases when mistakes are made or when a broken rule helps give someone a boost, then we’ve become automatons with no capacity for discretion and compassion.

The enforcement of draconian rules — simply because they are rules — happens a lot.



Sgt. Al Lerner speaks with Arnold Abbott, a 90-year-old chef, as he warns him that he will be cited for feeding the homeless in violation of a city law in Fort Lauderdale, Fla. in November. JOE RAEDLE/GETTY IMAGES FILE

A Toronto restaurant that caters to disabled diners is facing tens of thousands of dollars in fines from the city because a newly built ramp violates a bylaw by several centimetres. Rules are rules, says the city, and the expensive ramp must be dismantled.

Then there are the municipalities, at least 30 in the U.S., that are cracking down on food-distribution programs for the homeless. In a shocking example of NIMBYism, Fort Lauderdale, Fla., “feeding sites” must now be more than 500 feet away from residential properties and must not oper-

ate outdoors. In that city, a 90-year-old man — who along with two ministers has been feeding the homeless in public for 23 years now — faces jail time and a fine for the crime of handing out food to the hungry.

I’ve run into similar situations on a much smaller scale. On a recent

Correction

In a column published on the Voices page on Jan. 28, Metro incorrectly identified a woman killed in Winnipeg. Her name is Tina Fontaine. Metro regrets the error.

flight, a fellow passenger with splints on her arms asked me to lift her carry-on into the overhead storage. A flight attendant put a quick stop to this, informing us that no one except the passenger was permitted to lift luggage on the plane. Neither of us was fined, obviously, but it was another case of hard-and-fast rule-following that seemed ridiculous given the situation.

We, the rule followers and rule enforcers, need to ask ourselves two questions: first, who are these laws protecting? Anyone? No one? And who are these laws hurting? The needy? The giving?

Rules are there to protect us, to make the world better and safer. But zero-tolerance policies are missing the point, and when our laws hurt rather than help, they are not really doing their job.

Follow Kristen Thompson on Twitter @KristenThom

SCENE 2

10

GOSSIP

metrone.ca
Thursday, January 29, 2015

Gossip

NED EHRBAR**METRO'S
TAKE ON THE
WORLD OF
CELEBRITIES**

Gabrielle Union ALL PHOTOS: GETTY IMAGES

Gabrielle Union makes us all feel really old

Being Mary Jane star Gabrielle Union takes issue with some of the tactics of those reporting on Hollywood. "The fact that I can do a press junket for a movie and people ask what's happening in my uterus says a lot," she tells Yahoo Style.

"They want 110 per cent of what you have to offer."

I sincerely hope she's

talking about what she as an actress and celebrity has to offer, and not what her uterus has to offer, because that's just weird.

But she has some other things to talk about, too, like how she would cast a reboot of Bring It On.

Wait, hold on, that movie is 15 years old, and Union still looks pretty much the same as she did

when she filmed it. Why would anyone be talking about rebooting it?

Anyway, hypothetically speaking, here's what she thinks: For her role? Keke Palmer, with Dakota Fanning taking over the Kirsten Dunst role and Selena Gomez stepping into Eliza Dushku's "bad-girl role." Way to make us all feel old, Gabrielle.



Lindsay Lohan

More legal woes for Lindsay Lohan

Did Lindsay Lohan forget some of her court-mandated obligations when she packed up and moved to London last year? That's what prosecutors worry, and they may be looking to lock her up if she can't prove she's completed the 240 hours of court-mandated community service she

was assigned for her 2012 reckless driving case. Santa Monica Chief Deputy City Attorney Terry White says he doubts Lohan completed 80 hours of community service in nine days as documentation presented by Lohan's attorney on Wednesday claims. **WITH FILES FROM THE ASSOCIATED PRESS**

Sam Smith wants the fame, but not the flaws

In a candid, far-reaching GQ Magazine interview, Grammy nominee Sam Smith reveals his desires to be a pop star — but not, you know, be a pop star. If that makes any sense. "I don't want to lose my mind or my humour. I want to be a pop star, but I also don't want to be a pop star," he says. "I will never act like some of the current pop stars have acted toward me. We can be friends, you know? We can. It's not a competition. There's space for all of us." Frustratingly, he does not name names, but who wants to make guesses as to which divas he's talking about?



Sam Smith

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*As featured on 'How To Look Good Naked' 3.1.2008

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Genre-bending author makes everyone look lazy



Abraham Lincoln: Vampire Hunter author Seth Grahame-Smith's new novel, *The Last American Vampire*, is now in stores. GETTY IMAGES

Fiction. Novelist, director, producer and screenplay writer Seth Grahame-Smith is also part of the writing team for this year's Academy Awards

Seth Grahame-Smith's life could be described as a mash-up. He's author of the best-seller *Abraham Lincoln: Vampire Hunter*, and the followup — *The Last American Vampire* — is now in stores.

Grahame-Smith is also busy with several other projects, including his directorial debut on the film *Something Wicked This Way Comes*, writing and co-producing the sequel to *Beetlejuice*, writing two Lego movies and writing a pilot for CBS.

He's also on the writing team for this year's Academy Awards. In a recent interview, Grahame-Smith said the Oscars have always been a big deal in the Grahame-Smith household" and that he usually throws viewing parties when the awards are presented. This year, he'll be "in a tux, back-

stage. That'll be fun."

In a recent interview, the 39-year-old talked about his new book, juggling projects and teaching through entertainment.

Should you get credit for creating the mash-up?

I don't think that *Pride and Prejudice and Zombies* or *Abraham Lincoln: Vampire Hunter* created the mash-up, I just think they popularized it. I think there were mash-ups before, and I think, there were certainly people blending genres, and writers way better than me and far longer ago, who were playing with the idea of mixing fantasy and horror or mixing science-fiction with romance. I think I just happen to do it in a very loud and obnoxious way and was lucky enough to do it a time when people were receptive to it.

You write about historical figures, vampires and zombies, but you do a lot of research for your books. There are facts in these stories.

I give you some medicine with your sugar. I give you a



little bit of real history — just enough so you know something about that time period so you can discuss it at a dinner party; as long as you don't go further than that and add the part where vampires start cutting each other's heads off and everything.

How do you keep track of your projects?

A typical day now might be: I work on some Lego movie stuff, I work on some Beetlejuice stuff and then I jump

over here and work on Oscars, and then I jump back and I work on who knows what else, but it's great! I love being busy. I love the challenge of it, I love the engagement of it ... At some point all of this goes away and, you know, you get bounced out of the writing business or bounced out of Hollywood one way or another. Almost everybody does. So, I'm just trying to enjoy it while it lasts.

Do you ever procrastinate when you're writing?

I procrastinate all day. In 12 hours of sitting at the computer desk every day, I probably do 2-1/2 hours of writing, if I'm being generous. Because there are other things going on. There are phone calls to be returned, there are meetings to be had, lunches to go to, there are emails to browse through and then ... who doesn't love Twitter or Facebook or Reddit or Gawker or Gizmodo or Huffington Post or any of the 2,000 sites I read religiously every day, all day? You need to keep the writing muscles in shape.

THE ASSOCIATED PRESS

Next entry in Stieg Larsson's crime series lands in August

A sequel to late Swedish author Stieg Larsson's best-selling Millennium crime trilogy will go on sale in at least 35 countries in August, the book's publishers said Tuesday.

That Which Does Not Kill was completed by David Lagercrantz, known for co-authoring Swedish soccer star Zlatan Ibrahimovic's autobiography. He stands in for Larsson, who died in 2004 at the age of 50.

The book will continue the story of troubled but resourceful heroine Lisbeth Salander, first made famous in *The Girl with the Dragon Tattoo*.

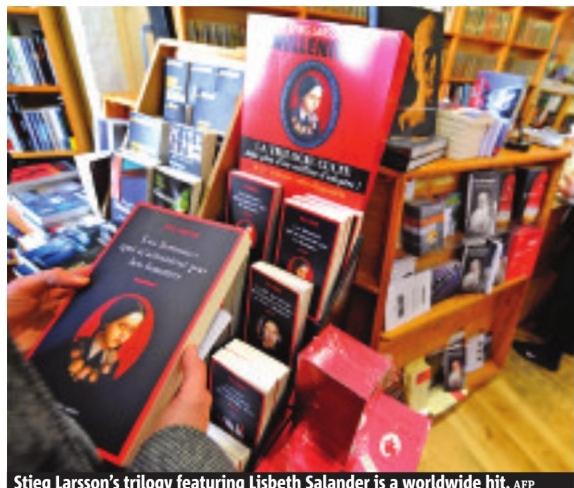
But the author remained tight-lipped about the meaning of the title or what direction the action-packed political thriller — 500 pages long in Swedish — will take.

"What I wanted to make use of in the book was the vast mythology that Stieg Larsson left behind, the world he created," Lagercrantz told the daily *Dagens Nyheter*, adding that he remained loyal to Larsson's writing style, which weaved criticism of social and political issues with criminal intrigue.

"Lisbeth Salander's not just any superhero. She's not only great because of her talents, but also because of her context and background." AFP

Salander sequel

- At the time of his death Larsson reportedly had plans to write at least another seven novels.
- Larsson's publishers, Nordstedts, say the first three books in the Lisbeth Salander series have sold 80 million copies worldwide since the first book went on sale in 2005.
- The Aug. 27 release of the next book is being compared to the hype surrounding Dan Brown's *Da Vinci Code* in 2003.



Stieg Larsson's trilogy featuring Lisbeth Salander is a worldwide hit. AFP

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Right this way to a new lingerie

Style. Flamboyant or minimalist, here are the coming season's undergarment trends

The organizers of the Parisian trade show Salon International de la Lingerie presented some of the leading underwear trends for Fall-Winter 2015-2016 this week.

The season offers something for everyone, with lingerie that is sophisticated, seductive, simple, or all of the above.

Last year, an overriding trend emerged from the lingerie collections in Paris: "erotic glam."

Designers presented their undergarments as tools of seduction that were sexy, or even kinky, yet always glamorous and refined.

While this vision still shows through in some of the Fall-Winter 2015-2016 collections, there is much more diversity in the lingerie world this season.

Underwear brands have designed collections to suit every woman, from those who think seduction starts with comfort to those looking for extravagance above all else.

The provocative '80s

From outerwear to lingerie, the styles of the '80s have influenced fashion for more than three decades now.

But lingerie designers are taking things to a new level this year with eccentric, often unconventional pieces inspired by the decade of big hair. For the most part, this means amplified volume and flashy colours.

Sexy, seductive and exuberant, the woman of the '80s has long been represented in lingerie by French



Madame Aime is pointing up minimalist chic this season in simple yet seductive pieces such as this partially sheer bodysuit.

MADAME AIME / AFP

designer Chantal Thomass, who has never hesitated to redefine the feminine silhouette.

This year, however, several other designers have taken on a similarly decadent style.

Their collections are full of push-up bras, high-waist panties and corsets, all in high-end materials such as silk and lace, with refined accents such as jewels, Lurex embroidery or gold thread.

I.D. Sarrieri, for example,

designed a bustier that places particular emphasis on the breasts and the hips, calling to mind Jean Paul Gaultier designs.

Huit has decked out its latest collection with silver thread, while Aubade chose to put lace in unexpected places, such as around the neck and in a garter belt that



LASENZA CHANNELS THE ENERGY OF THE 1980S WITH THIS BOLD NUMBER. PUSH UP MERRYWIDOW, \$59.50, LASENZA.CA

showy decoration. Some designers are even presenting versatile items to be worn either as lingerie or as outer apparel, such as bras that can pass as crop tops or bandeaus. Still sexy, of course, these designs reflect the thinking that seduction is

more about natural confidence than sophisticated adornment.

Bodysuits and athletic-style bras (without cups) are among the leading examples of this trend, seen mainly in neutral shades (white, black, brown, grey, beige). Madame Aime and Fishbelly lead the charge, presenting sportswear-inspired ensembles that simply hug the body's natural curves rather than reshaping them.

AFP



Victoria's Secret keeps it simple with a toned-down baby-doll. \$39.50, victoriassecret.com

laces up around the waist.

'90s-style minimalism

On the other hand, some of the new collections reflect the minimalist styles of the '90s, playing up comfort and simplicity rather than

Parisian shoe designer Christian Louboutin has teamed up with American burlesque star Dita Von Teese on a new capsule collection.

The seven-piece line includes a bra, bodice and suspenders, all featuring black lace and an all-over print designed by Louboutin, and also decorated with red Swarovski crystals.

The print includes Rococo-style scenes with sexy burlesque dancers, French maids and male lovers draped in sheets, as well as Louboutin's famous red-soled shoes, of course. The XXXtian pieces are available exclusively from Glamuse.com.

Colourful to boot

Doc Martens turn red and blue for spring



The British brand is giving three of its iconic footwear designs a monochrome makeover this season, turning everything from the soles to the laces blue or

red. Poppy red and bright blue are the colours of the coming season, according to Dr. Martens.

The brand decided to expand its offering of monochrome footwear with two shades that are sure to get fashionistas' feet noticed. Three leather models have been transformed for this special collection: the Alexei brogue, the three-eyelet 1461 shoe and the eight-eyelet 1460 boot.

AFP

Canadian street style

Name: Talia Brown

Age: 30

Occupation: Stylist and personal shopper

What she's wearing

Aritzia hat, Free People dress, Club Monaco



sweatshirt, Sentaler coat, Tristan cape, Calvin Klein tights, Pour La Victoire shoes, Bag Givenchy.

Her inspiration

"Classic Bohemian, ready to take on the cold winter weather. Layers can come and go as the sun does."

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Trends Report

New year, new 'do

Go online to Trends Report to see why going grey on purpose is one of the top hair colouring trends this season.

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Take a seat: A chair for all reasons

Decor question. Find me a chair that can be put to use in many areas of my home

I need more dining chairs for occasional dinner parties and I'd like to find an all-purpose chair to use in the dining or living room when extra guests need a seat.
—Mark, via email



The perfect chair is one that sits discreetly at the dining table, looks pretty in a bedroom corner or helps host a large gathering in the family room. The prerequisites for this everything-to-everyone chair are comfort (for long dinners), style (for staring at morning and night in the bedroom), and petite (so it's easy to move around). Here's a lineup of the best.

Danish beauty

Designer Ceci Thompson's fresh approach on Danish style offers mix of wood and upholstery comfortable enough to sit or dine. Austin Chair, \$299, CB2.com



Armed with options



Choose your wood stains and fabric colours for a custom chair with solid-looking style. Tokai Armchair, \$1,995, Avenue-Road.com

Piping dream

Upholstered legs and white contrast piping gives this four-legged friend a sleek look. Valentin Arm Chair, \$299, EQ3.com



Buttoned up

Tailored upholstery with classic button tufting equals great sex appeal. Spring Chair, \$199, Structube.com



Got it plaid

Ever so handsome — just waiting for a dinner date. Henriksdal Chair, \$99, IKEA.com



Deco delight

Sleek deco curves are welcome at any table or sitting area. Carol Channel Chair, \$1,075, Elte.com



Wing into spring

It looks like bold primary colours are going to be big news for spring. Give your home an instant update with some of these bright, bird-themed interior accessories

AFP



Branch out

Italian lighting studio Foscarini is known for its playful and contemporary designs. Get the effect with the Birdie Floor Lamp, inspired by the form of a tree with a little branch ready to welcome a bird. Available from Milia Shop for approximately \$503.

Let the feathers fly

Make your own bird mobiles for kids with this cute craft kit designed by illustrator Alice Melvin for the Tate. Available for approximately \$15.



ALICE MELVIN/TATE SHOP 2014



The sleekest of beaks

Japanese cast-iron studio Kamasada has created this minimalist and stylish bird ornament designed by craftsman Nobuho Miya. Available at the V&A Museum shop for approximately \$180.



KAMASADA IRONWARE/
V&A ENTERPRISES LTD.

Light takes flight

Lucellino, a combination of the Italian words for light (luce) and bird (uccello), is a quirky and humorous table lamp designed by Ingo Maurer. Available from The Conran Shop for approximately \$642.



INGO MAURER/THE CONRAN SHOP

Wise choice

This Pickle cushion from U.S.-based studio Gray Pigeon is a cute way of brightening up interior spaces with its bold design and vibrant touches of red and yellow. Available from approximately \$68.



GRAY PIGEON

Raising the bar on rental properties

Broadstreet uses the Refresh Home Standard to ensure residents love their place

Broadstreet Properties is committed to redefining the rental experience by adhering to a comprehensive business model they term the Refresh Home Standard. This model encompasses seven critical components they believe to be the most valued when searching for a perfect rental home: functionality, appearance, community, flexibility, safety, quality, and lastly, the 'love it' factor. Broadstreet promises to consider these elements for each and every one of their rental communities to ensure their clients have a superior rental experience and love their home.

Broadstreet currently manages 5,000 apartments and townhomes in 10 western Canadian cities, including Winnipeg, and prides

EXCEPTIONAL HOMES

Broadstreet Properties is a leading edge, dynamic rental management company committed to providing a superior rental experience and exceptional homes for their valued clients. From functional floor plans to elegant features, Broadstreet has a variety of properties to meet everyone's needs.

itself in offering unique, client-focused rental services and exceptional customer service.

All of their properties are brand new or newly-built, are pet friendly and offer month-to-month leases. These are just a few examples that showcase the commitment to detail and unique offering Broadstreet extends to their clients.

Seymour Pacific Developments, their sister company and construction partner, is the builder of these fine properties. Their ability to have a construction arm to the business demonstrates their commitment in deliv-



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ering a superior product and provides the ability to influence design and location for all new builds.

Broadstreet's apartments are spacious and feature open-concept floor plans (a typical two-bedroom apartment ranges from 850 to 971 square feet). Each unit has five full-size appliances, including in-suite laundry and dishwasher.

Residents will also benefit from on-site management and maintenance, 24/7 access to

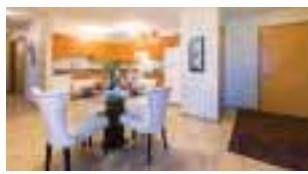
client care representatives, an online resident portal and automated debit processing for rent payments.

Broadstreet is constantly growing in Winnipeg. On Feb. 1, they will open the doors to their newest Winnipeg property, Seasons: a 189-unit apartment community in Tuxedo, just a few steps away from Ikea.

To learn more about Broadstreet's Refresh Home Standard or to view a property, visit broadstreet.ca for details.

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454 BELIVEAU A GREAT PLACE TO CALL HOME

LUXURIOUS, AFFORDABLE CONDO UNITS

Quality and affordability come together with elegance again in the latest condominium development by the Sunrex Group of Companies. Nestled in the heart of historic St. Vital at 454 Beliveau Rd. East, each residence has been completely transformed into open-concept living spaces with lavish designer finishes.

As you walk through the display suites, it's hard to believe these beautiful spaces start at just \$164,900. The 72-unit complex consists of one and two-bedroom suites which range in size from 650 to 880 square feet. With four unique layouts to choose from, there's never been a better time to invest in a new home.

"The suites are extremely affordable and filled with style, yet you can own one for far less than the rent for a comparable apartment," says Cornerstone Real Estate's Garry Hirsch, who is marketing the project with his wife, Debbie.

Social media users agree. The project has been getting a lot of positive feedback on Facebook. "Amazing looking, modern condos and great value price point." commented Mark Bannister.

The convenience of in-suite laundry is just one of the many notable interior finishes including elegant wall-to-wall bedroom carpets, designer light fixtures, and substantial storage space. You'll love entertaining family and friends in the inspired kitchens equipped with high-quality stainless-steel appliances and modern cabinetry. Melt the stress of your day away in the luxurious soaker tub, a stand-out feature of the spa-inspired bathrooms, complete with designer tile and an ultra-modern basin sink.

the and an ultra-modern bath sink.

Each main floor unit offers a large deck with a private, fenced yard, while upper-level suites include large, covered balconies where you can sit and enjoy our delightful summers. "Great bit of green space and outdoor living area!" said Alisa Birnie on the Beliveau Facebook page.

The location of 454 Beliveau Condominiums is hard to beat. On a quiet street, the complex is just minutes away from schools, shopping, and major bus routes. "You can be downtown in around 15 minutes, and on the highway headed to your cottage in short order," says Hirsch.

The development also includes new



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roofs, soffit, fascia, eaves troughs, windows, sidewalks, parking lot, fences, and more. For more information you can reach Garry or

Debbie at 204-489-4500 or visit the website:
454beliveau.ca. 454 Beliveau Condominiums
is truly a great place to call home.

Why ARE YOU STILL RENTING?

Over 50% Sold!





- ▶ Luxury, quality & style for under \$200,000
- ▶ Display suites are open Saturday and Sunday from 1 p.m. to 4 p.m and on Monday and Wednesday from 3 p.m. to 8 p.m
- ▶ Designer kitchens complete with 4 piece stainless steel appliance package
- ▶ In-suite washer and dryer
- ▶ Pets are welcome!

"Once people see the suites, they're acting, and quickly!"

While style and value are important – the suites at 454 Beliveau are loaded with both – it's the overall quality of the project that sets it apart.

Another Great Development by The SUNREX
DESIGN OF EXCELLENCE
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454 BELIVEAU









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Where beer, beans and chocolate make sense

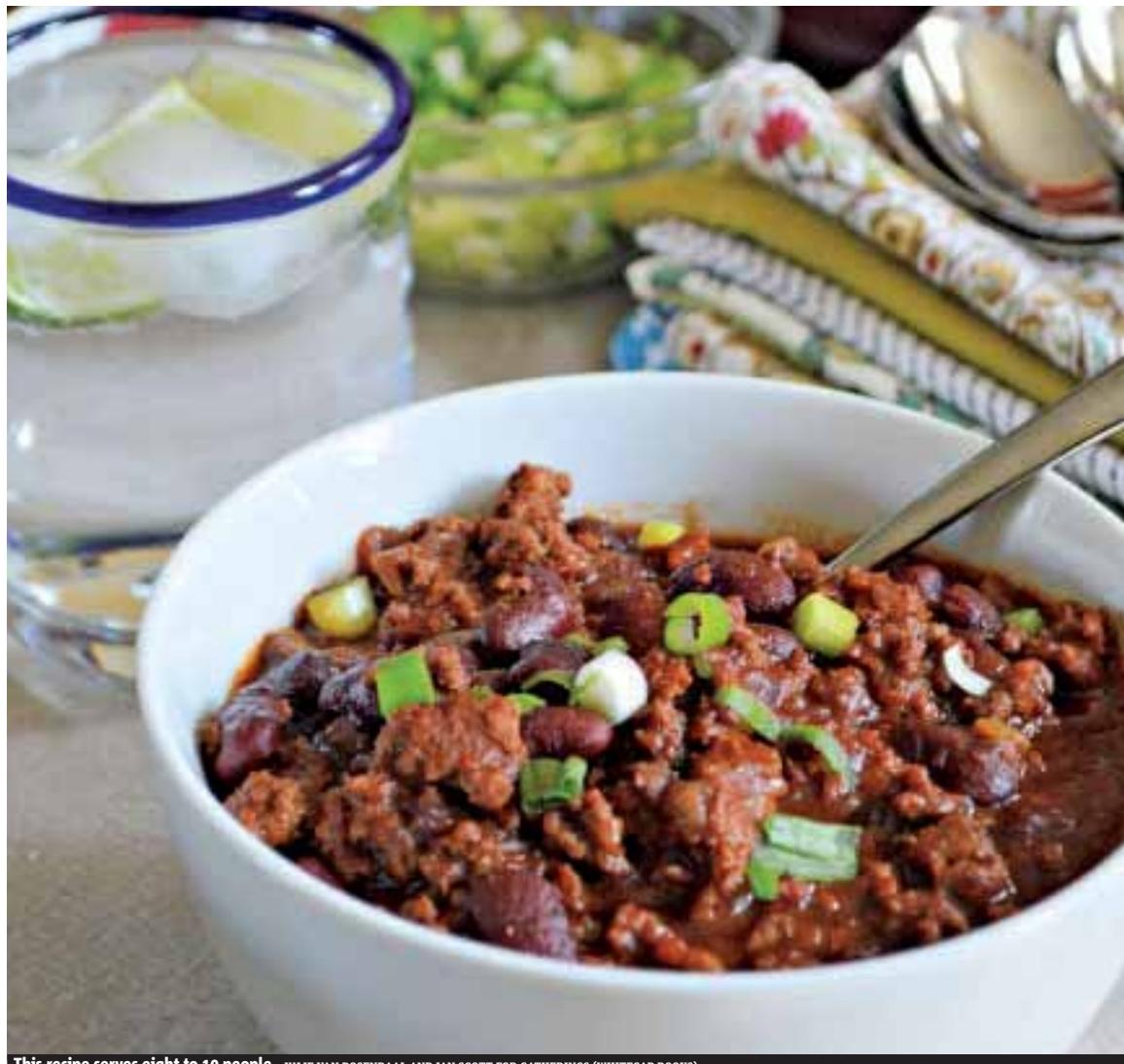
Dinner. Keep this Chocolate Chip and Stout Chili family friendly by containing the heat

"This recipe comes from my friend Aimee, who originally sourced it from Nigella Lawson," writes Jan Scott in Gatherings, which she co-authored with Julie Van Rosendaal. "In my version, the flavours are mild, keeping it very family friendly, but you can certainly boost the heat by adding a fresh sliced and seeded chili pepper, as Nigella suggests in her original recipe."

"You can serve this as part of a casual Mexican-inspired buffet by adding baskets

Ingredients

- 2 tbsp (30 ml) olive oil
- 2 lb (1 kg) lean ground beef
- 2 lb (1 kg) sausages, casings removed
- 3 medium onions, peeled and finely chopped
- 4 cloves garlic, peeled and finely chopped
- 2 tsp (10 ml) ground cumin
- 1 tsp (5 ml) ground coriander
- 1 tsp (5 ml) ground cinnamon
- 1/2 tsp (2.5 ml) ground cardamom
- 2 tbsp (30 ml) chili powder
- one 5 1/2 oz (156 mL) can tomato paste
- 1/4 cup (60 ml) ketchup
- three 14 oz (398 ml) cans red kidney beans, drained
- three 14 oz (398 ml) cans crushed or diced tomatoes
- one 16 oz (475 ml) can stout beer (such as Guinness)
- 1/2 cup (125 ml) semi-sweet chocolate chips
- salt and pepper to taste



This recipe serves eight to 10 people. JULIE VAN ROSENDAAL AND JAN SCOTT FOR GATHERINGS (WHITECAP BOOKS)

of crisp tortilla chips, sour cream, shredded cheese, fresh cilantro, pickled jalapeños, green onions and lime wedges, or just as it is alongside a floury dinner roll or hunk of cornbread."

1. Preheat the oven to 300 F (150 C). Heat the olive oil in a large ovenproof pot (with lid) and add the ground beef and sausage. Brown the meat on medium heat, breaking it up as it cooks.

2. Add the onion and garlic and cook until soft and translucent, about 8–10 minutes. Stir in the cumin, coriander, cinnamon, cardamom and chili powder; mix well to combine.

3. Stir in the tomato paste, ketchup, beans and crushed tomatoes; add the stout and bring the chili to a boil.

4. Once it starts bubbling, remove the pot from the

Cookbook of the Week

Gather 'round for delicious eats



While other cookbooks focus on recipes, Gatherings also shines the spotlight on real situations that bring people together — casual weeknight dinners, baby showers, birthday parties, big family gatherings, game nights, date nights or even Sunday suppers.

Not only does each section include recipes but also drink or cocktail, easy serving, decor and presentation suggestions.

Among the recipes in Gatherings are Simple French Onion Soup, Eggs Benny On Parmesan Potato Waffles, Grilled Romaine Caesar Salad, Hoisin Pork Lettuce Wraps, Candy Sushi Platter and Crostini. METRO

heat. Sprinkle the chocolate chips over the chili, cover with the lid and transfer the pot to the oven, cooking for 3 hours. Check seasonings, adding salt and pepper if necessary. Serve hot.

BOTH RECIPES EXCERPTED FROM GATHERINGS (WHITECAP BOOKS) BY JULIE VAN ROSENDAAL AND JAN SCOTT



This recipe serves eight people. JULIE VAN ROSENDAAL AND JAN SCOTT FOR GATHERINGS (WHITECAP BOOKS)

Side. Real Baked Beans

1. Put the dry beans in a large saucepan and add enough water to cover by a couple inches. Set aside to soak for 8 hours, or overnight.
2. Add the onion to the pot and bring to a simmer over medium-high heat; cook for 45 minutes, or until the beans are just tender.
3. Drain off the water and put the beans and onion in a baking dish. Preheat the oven to 325 F (160 C). Add the remaining ingredients to the pot, stir well to combine, cover and bake for 2–3 hours, stirring once or twice, until the mixture is thick

and sticky and the beans are very tender.

Ingredients

- 1 1/2 cups (375 ml) dry white beans
- 1 onion, finely chopped
- 3/4 cup (185 ml) ketchup
- 3/4 cup (185 ml) barbecue sauce
- 1 cup (250 ml) beer, apple juice or chicken stock
- 1/4 cup (60 ml) packed dark brown sugar
- 1/4 cup (60 ml) apple cider vinegar
- 2 tbsp (30 ml) yellow or grainy mustard

For your phone

MSN Food & Drink (iPhone/iPad/Windows Phone; free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

Using Microsoft's organizational tiles, this app consolidates recipes, news articles, chef profiles, and instructional videos from the Web into a collection that's big on selection, but low on instructional steps.



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CARSTAR owners Dan Jonsson and Skye Grexton opened their first Winnipeg store in 1998. They now operate five Manitoba locations, including their newest stores on Chevrier Boulevard and in Stonewall.

They understand that collisions are stressful and the loss of a vehicle can shake up a family's routine. Express claims is a unique experience offered through CARSTAR. Should you ever suffer the misfortune of an accident, CARSTAR will tend to all of the details for you with its express claims service. The highly trained staff will execute the repairs in a fraction of the time that others can. They will get your vehicle back to you in one, swift uninterrupted process — no delays, no excuses.

Are you looking for a trustworthy auto service centre? The CARSTAR at 1130 Fife St. offers complete and warranted mechanical repairs, with the same great people and same great service.

The company isn't just focused on car repairs — CARSTAR wants to make the world a better place, one car, one person and one community at time. CARSTAR donates 10 per cent of its profits to programs and initiatives that support its sustainability plan.

The CARSTAR Manitoba team is also actively involved in the local community, sponsoring sports teams and supporting local Boys and Girls Club chapters. CARSTAR also takes part in Soaps it Up, an annual event that raises funds for Cystic Fibrosis Canada.

Whether it is sponsoring local events or supporting a national charity, giving back and contributing to the community is an important part for which CARSTAR stands.

CARSTAR has five locations in Manitoba: 1106 Chevrier Blvd.; 2750 Saskatchewan Ave.; 1372 Henderson Highway; 1130 Fife St.; and 3 Agassiz St., Stonewall.

CARSTAR wants to offer the first five customers who come to its Chevrier location a free Mercedes-Benz to drive for the duration of their repair.

For more information about CARSTAR, call Skye Grexton at 204-979-5121.



SHUTTERSTOCK

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TIME TO EMBRACE THE CHILL

FORTWHYTE ALIVE

Slowly but surely, Winnipeg is shedding its reputation as a harsh and uninhabitable land, carving out a new identity as a vibrant city that chooses to celebrate, not hate, its infamously cold winters.

Making the choice to embrace winter is a conscious one — it means getting out to

snowshoe, cross-country ski, ice skate and learn new outdoor skills. Truly embracing winter means bundling up and seeking out new experiences.

For those hoping to do winter better, FortWhyte Alive (1961 McCreary Rd.) is your best bet with a slate of unique winter adventures ready for the taking.

On offer are guided snowshoe hikes every Saturday morning, seven kilometres of forest-

ed trails to explore by foot, snowshoe or ski, and Winnipeg's highest toboggan run, which proves exhilarating for kids and adults alike.

FortWhyte Alive supplies the guides, gear, hiking trails, campfires, animal tracks, aspen forests and even a 30-head herd of bison, all within city limits. Your task is to simply show up dressed for the weather and ready to embrace the chill.

For more information, visit fortwhyte.org.



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Get away at Elkhorn Resort

Situated near Clear Lake at Riding Mountain National Park, Elkhorn Resort Spa and Conference Centre is the base camp for your next winter getaway.

This four-season resort features hotel and chalet accommodations, the luxurious Solstice Spa, an indoor swimming pool and a newly revamped restaurant, where their chef has created amazing, mouth-watering menus that will tickle your taste buds. Choose between casual fare, the laid back atmosphere of the bar or sit down to a juicy steak and seafood entrée in the dining room.

Then rediscover your love for winter with the hundreds of kilometres of cross-country ski trails and nature trails. There are so many cool family fun activities to choose from, like skating, snowshoeing, cross-country skiing and dog sledding. A toboggan hill is also available for hours of fun and enjoyment.

You can also just sit back, relax and indulge in the revitalizing Equinox Mineral Pool, known to provide relief from muscle and joint pain.

Specials and packages are available at elkhornresort.mb.ca, or call 1-866-ELKHORN.

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at FortWhyte Alive**

Snowshoe Saturdays

Explore FortWhyte by snowshoe with a guided group. Snowshoes rentals are available for all ages—or, bring your own!

Every Saturday, 10 – 11:30 am
FREE with admission. Snowshoe rental: \$3

Nordic Walking

Nordic walking builds your endurance and cardiovascular health, while being kind to your knees and joints.

Every Saturday, 10 – 11:30 am
FREE with admission. Pole rental: \$2

Wednesdays in February

Join us on Wednesday evenings in February (from 6:30 - 8pm) for winter experiences that will leave you feeling rejuvenated and ready for whatever winter throws at you!

February 4: X-Country Ski Lessons

February 11: S'mores & Snowshoes

February 18: Yoga by the Fire

February 25: Wilderness Survival Skills & Bannock Roast

Members: \$40, Non-members: \$55 (for all four sessions). Register by calling (204) 989-8355

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Jets finally have liftoff with a potent offence



THE HOCKEY
NEWS
Ronnie Shuker
winnipeg@metronews.ca

It's been a tale of two seasons so far for the Winnipeg Jets.

Into early December, the Jets were one of the NHL's worst offensive teams, but they had the league's stingiest defence, which kept them in the race. Since then, however, they've flipped the switch and now have one of the hottest offences while staying respectable defensively.

Overall, Winnipeg is just 14th in goals scored and sixth in goals against league-wide, but those numbers belie the change that this team has undergone over the past two months.

Through 25 games, Winnipeg averaged a paltry 2.00 goals per game but gave up just 2.20. Through the past 24 games, though, they're averaging a whopping 3.50 goals per game while giving up 2.65. The higher goals-against average is cause for some alarm, especially since coach Paul Maurice has consistently preached defensive hockey, but that's more than offset by the 1.5 more goals the offence is averaging. (Shootout goals not included.)

So which is better? An awful offence and a brick wall defence, or a high-powered offence and a decent defence? Well, the Jets were 12-9-4 in those first 25 games, and they're 14-6-4 since.

Fans can thank Dustin Byfuglien for the far more



Dustin Byfuglien, pictured, has stepped up in Zach Bogosian's absence, scoring eight goals and 23 points in 24 games while patrolling the blue-line.

BRUCE BENNETT/GETTY IMAGES

entertaining brand of hockey Winnipeg is playing. After Zach Bogosian was injured in a game against the Edmonton Oilers on Dec. 3, Byfuglien was moved back to the blue-line, after which both he and the Jets took off. He had four goals and nine points before the switch and has eight goals and 23 points in the 24 games since.

But this isn't all about Byfuglien. What's most impressive about the change

Hope is alive and well

"Their dreams of making the playoffs for the first time since coming back to Winnipeg are looking more and more real with each passing day."

in the Jets is that they've been able to make this transition mid-season, which shows team cohesiveness. Losing Bogosian and Toby Enstrom (and later Jacob Trouba) could

have crushed their post-season hopes. But not only has the team kept them alive, their dreams of making the playoffs for the first time since coming back to Winnipeg are looking

more and more real with each passing day.

A stifling defence can frustrate opposing teams, but a high-scoring offence strikes fear into them. Contrary to the long-believed and widely held idea that defence is what ultimately wins games, Winnipeg is proving it can win with offence. No longer a one-trick defensive pony, the Jets now know they have the horses to take them into the stretch run.

China touts its top junior player as next Li Na



Xu Shilin left China as an eight-year-old and moved to Florida where she could train at top private tennis academies. WAYNE TAYLOR/GETTY IMAGES

China has begun its search for the next Li Na, and one of the juniors with the talent to replace the country's two-time Grand Slam champion may speak better English than she does Chinese.

Xu Shilin, who just turned 17 and goes by the English name Coco, was the first Chinese girl to be No. 1 in the world junior rankings and won the gold medal at the Youth Olympic Games last year. She has also told the Chinese media that her goal is to win a Grand Slam title before she's 20.

Quoted

"I like her a lot. I just want to be myself."

Xu Shilin on comparison between her and retired tennis star Li Na

"It is a goal and a dream. Of course, I'm working toward that," she said at the Australian Open, where she was the top seed in the girls' singles draw before losing Wednesday in the third round. "I think anything is possible."

Xu's rise has been unique compared with the previous generation of Chinese players because her parents decided to develop her talents outside China's state-run sports system, choosing instead to move to Florida, where she could train at top private academies.

Such freedoms were only made possible due to Li Na and a few other current players, who broke free from the state system years ago and were allowed to manage their own careers and keep their own prize money. **THE ASSOCIATED PRESS**

Filip writing amazing rookie script



Nashville Predators centre Filip Forsberg leads all rookies with 16 goals and 25 assists and 46 games played. His closest fellow freshman is Calgary's Johnny Gaudreau who has 15 goals and 22 assists in 47 games. BRUCE BENNETT/GETTY IMAGES

Golf. Tiger memorable in Phoenix

Tiger Woods returned to the Phoenix Open and received cheers, boos and gasps.

All on one hole.

There is rarely a dull moment with golf's biggest star, especially at the PGA Tour's rowdiest venue. Even though Woods has played at TPC Scottsdale only three times, what defines his experience at the Phoenix Open is not a trophy; rather it's some beer, a boulder, an orange and a gun.

So a typical pro-am Wednesday was anything but — especially at the par-3 16th hole.

Woods managed to deliver another memory. His 9-iron was just left of the pin when it turned enough left that it tumbled into a bunker. The cheers turned to boos, and Woods tugged the bill of his cap in mock shame. Seconds later, the cheers returned from the full house.

And then the gasp — instead of blasting out of the sand, Woods bladed the shot over the green and into the front row of the gallery.

"This is usually about one-third full," Woods said. "I have never seen it this packed on a Wednesday. Never."

All eyes are on Woods. There's too much history with him, even at a tournament he rarely plays.

Of the three aces Woods



Tiger Woods on Thursday at TPC Scottsdale. GETTY IMAGES

Busy course

Record crowds are expected this week at the TPC Scottsdale, though the forecast is for cold and rain on Saturday, the biggest day. The Super Bowl is in town. Woods is playing for the first time in 14 years. The field includes Phil Mickelson, Masters champion Bubba Watson, Jordan Spieth and Rickie Fowler.

"I thought it was lighter than it was," Woods said. "I thought I could move it. Evidently it took like five other dudes to do it."

Later in the day, a fan who had been heckling Woods was found to have a gun in his fanny pack. The gun was registered. Woods never felt threatened, though it led to headlines as far away as New Jersey and Britain.

The final year in 2001 was thought to be the final straw. Woods finished 15 shots behind the runaway Mark Calcavecchia, but a young fan threw an orange onto the green as Woods was getting ready to putt. Those close to Woods said that was a big reason why he never returned until this year.

THE ASSOCIATED PRESS

NHL. Predators' Forsberg well on his way to serious Calder Trophy consideration

Predators forward Filip Forsberg shows little sign of slowing down as a rookie.

He became the first Predator ever to score in the all-star game as he scored not once, but twice in Columbus playing with the league's best, and he didn't stop scoring once he got back to work in Nashville.

Forsberg added another goal in his first game back from the break, keeping him as the team's leader with 16 goals this season.

Forsberg wasn't even sure if his latest goal went in, just taking a chance throwing the puck at the net Tuesday night in a 4-3 overtime win over Colorado.

"I kind of heard everyone celebrating, so it was good," Forsberg said.

It's been that kind of season for the 20-year-old right wing from Ostervalla, Sweden.

He had played 18 games with Nashville combined over the past two seasons under coach Barry Trotz after picking him up from Washington as part of a trade that sent Martin Erat to the Capitals. Forsberg managed only one goal with Nashville and spent most of his time in the AHL in Milwaukee.

That prompted him to work hard to make sure he stayed in Nashville, where the Predators currently are second in the Western Conference off to a franchise-best start at 31-10-5.

"I was just really determined all summer to come back from last season's up-and-down season and try to play good hockey again," Forsberg said. "I always knew I had it in me and I was just trying to prepare as well as possible for this season, and it's been working so far."

A coaching change that brought in Peter Laviolette and his offensive approach have been a perfect fit for the six-foot-one right-winger.

Forsberg already has set franchise records with 26 assists and 41 points as a rookie. He also has the team's rookie

Forsberg to be reckoned with

Filip Forsberg has been a favourite for the Calder award for the NHL's top rookie since early this season.

- He is tied for the NHL rookie lead with 16 goals, and he leads in assists, points and with his plus-25 rating.
- His 41 points ranks him 26th in the league, and he's tied for third with four-game winning goals.
- He just missed his fifth game-winner Tuesday night when Nashville gave up a late goal before winning in overtime.

mark for scoring at least a point in seven consecutive games. With 26 games left starting Thursday night at St. Louis, Forsberg needs three goals to top Alexander Radulov's record of 18 goals in a season set in 2006-07.

THE ASSOCIATED PRESS

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Friday, January 30
Women: 6pm • Men: 8pm
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Tennis

Bouchard a doubt for Fed Cup tie

Tennis Canada is still holding out hope that its top player Eugenie Bouchard will be on court for an historic Fed Cup tie next week against the Czech Republic.

Vice-president Eugene Lapierre said Bouchard, ranked seventh in the

world, has yet to confirm whether or not she will play against the defending Fed Cup champions Feb. 7-8 in Quebec City.

A three-woman team announced Wednesday did not include the Westmount, Que., native, but they have until two hours before the draw on Feb. 6 to finalize their roster and add a fourth player.

THE CANADIAN PRESS

English soccer

Eriksen brace sends Spurs to final

Christian Eriksen added a late goal to his sublime early free kick to help Tottenham scrape a 2-2 draw with third-tier Sheffield United on Wednesday and secure a place in the League Cup final against Chelsea.



Spurs' Christian Eriksen GETTY IMAGES

Spurs advanced 3-2 on aggregate and will play in its first cup final in six years.

THE ASSOCIATED PRESS

World soccer

Figo aiming to replace Blatter

The fight to remove Sepp Blatter from the most powerful job in world soccer intensified in Europe on Wednesday. In a surprise entry to the FIFA presidential contest, Portuguese great Luis Figo entered the race. THE ASSOCIATED PRESS

Spanish soccer

Neymar on the double for Barca

Neymar scored twice to lead Barcelona past nine-man Atletico Madrid and into the Copa del Rey semifinals with a 3-2 (4-2 on aggregate) win at Vicente Calderon Stadium on Wednesday. Villarreal or Getafe are up next. THE ASSOCIATED PRESS

Clash of the cornerbacks will be riveting sideshow at Super Bowl

Revis vs Sherman.

Past feuds, bragging rights will no doubt play on the minds of two of the game's best come kickoff time

Darrelle Revis long reigned supreme among NFL cornerbacks. Then came along this upstart Richard Sherman, who proclaimed himself the best and backed it up.

Now they get to state their case on the NFL's biggest stage: Revis' New England Patriots against Sherman's Seattle Seahawks in the Super Bowl. They have a bit of history, these two — a Twitter feud from a couple of years ago. The gist of it: Revis was the proven pro and Sherman hadn't done enough yet to start crowing.

At Tuesday's media day, any animosity was buried. Each expressed respect for the other, although Revis referred to the fact that in Seattle's defence, Sherman plays only half the field. "Sherman, he plays left corner and he does great," Revis said. "He's great at what he does. I'm not really knocking him on what he does. He's a playmaker and that's what he does for his team."

Cornerback, Revis said, is "by far" the hardest position to

Strong minded

"I have my own way of doing things and it might not align with everybody, but I'm going to keep it that way."

Richard Sherman of Seattle Seahawks

play in football. The handful of those who excel at the position may bicker, Sherman said, but they share a common bond.

"There's a respect level between elite cornerbacks in the National Football League," he said. "It takes a certain mentality to play at a high level in this game, to deal with the pressure, to deal with the intensity of being out there against the best athletes in the world ... There's a definite admiration for their ability."

Sherman's a talker — opinionated, self-assured. He says he cares little what people think of him. "It doesn't bother me too much, honestly," he said. "I kind of go to the beat of my own drum ... I have my own way of doing things and it might not align with everybody, but I'm going to keep it that way."

Sherman stirred up trouble shortly after the Seahawks landed in Arizona, when, referring to the fairness of the investigation into deflated footballs, he noted NFL Commissioner Roger

Goodell and Patriots owner Robert Kraft are good friends. Sherman didn't back down Tuesday, saying that he found their relationship "interesting." A small crowd gathered around Revis on media day. Sherman drew a mob, and he revelled in it, answering bizarre questions — such as, what super power would he like to have while playing? (He would fly). He danced with a female reporter, confidently showing his moves.

He said he was sure his girlfriend, due soon to deliver the couple's first child, would not have the baby on Super Bowl Sunday. To the young Seattle star, media day was no chore.

Sherman earned a Super Bowl ring last year, in his third NFL season. Revis is playing in the big game for the first time in his eight years in the league.

For the first six, he played for the New York Jets, becoming "Revis Island." Twice he made it to the AFC championship game, but no farther.

Revis and the Jets parted ways after an injury-plagued 2012, and he landed with the Patriots, the team he had fought without much success for so long. "It's pretty awesome," Revis said. "I mean, this is what you play for every year. In the off-season you work hard to get to this point and when you get there, like right now, it's so surreal for me."

THE ASSOCIATED PRESS



New England Patriots' cornerback Darrelle Revis ELSA/GETTY IMAGES

Quotes

"You know why I'm here."

Seattle Seahawks' running back Marshall Lynch who had another scripted answer for reporters on Wednesday. On Tuesday, Lynch repeated: "I'm just here so I don't get fined" while talking to reporters at the US Airways Center.



"Where there's smoke, there's fire, and they keep having a history of this behaviour, and no one knows how 11 to 12 balls got deflated."

Filmmaker Spike Lee, an avid New York sports fan, when asked about the New England Patriots "Deflategate" scandal on Wednesday at Sundance Film Festival in Park City, Utah.

In numbers

12

Researchers from the journal Neurology tested 42 former NFLers on their short-term memory, mental flexibility and problem solving and found those who picked up the sport before they were 12 years old functioned about 20 per cent worse.

Carroll wants Schneider's effort to be recognized



John Schneider ELSA/GETTY IMAGES

Give Pete Carroll the opportunity to campaign for someone or something he believes in and he'll gladly jump at the chance.

Usually it's for a player, or a cause. But Carroll's drive this year was getting recognition for general manager John Schneider, the co-architect of the Seattle Seahawks' rise who

usually tries to avoid the spotlight.

"He has just worked tirelessly to continue to compete, to find guys to make this a healthy, competitive roster," Carroll said. "I mean the hundreds of changes in the first year was just trying to find guys. The continuation of that, it changed in terms of the

numbers, but the attitude, the approach, John just continued to battle for it.

"I don't know how he couldn't be recognized with the drafts that he's had, with the free agency success he's had, with the success of our lower draft picks that have come through."

Five years after being select-

ed by Carroll to be the second piece of the Seahawks hierarchy, Seattle is in a second consecutive Super Bowl thanks largely to a roster constructed by Schneider. He's received little recognition for what Seattle has accomplished during his tenure and while Schneider doesn't care, Carroll would like to see him honoured.

"His insight and his ability and really the creativity that he brings couldn't have been more obvious," Carroll said. "But the rest of us, I don't know. We're just playing a game and we're a team. But I think his situation here really should stand out and should be recognized."

THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton



Aries

March 21 - April 20

You will say or do something controversial today and those who are not as open and honest as you won't like it. Too bad. Rock the boat a little.



Taurus

April 21 - May 21

Stand up for what you believe in and refuse to change your ways or your views simply to please those in authority. By all means pick a battle today.



Gemini

May 22 - June 21

Anyone who doubts you are a free-thinker won't doubt it much longer. In fact, what you profess to believe over the next 24 hours will mark you out as a maverick.



Cancer

June 22 - July 23

You need to get tough today, firstly with yourself for being far too wasteful of late, then with those who seem to believe that you exist only to make life easier for them.



Leo

July 24 - Aug. 23

You will either draw closer to someone today or you will drift so far apart that you are unlikely ever to get back together again.



Virgo

Aug. 24 - Sept. 23

Try not to make a big issue of something that is really quite trivial. If you are having problems on the work front take it as a sign that you are doing something wrong.



Libra

Sept. 24 - Oct. 23

Because the sun is moving through the most creative and dynamic area of your chart, you won't find it hard to start something special.



Scorpio

Oct. 24 - Nov. 22

It does not matter how many mistakes you have made or how many times you have failed. It matters only that you are still alive and kicking and ready to rejoin the fray.



Sagittarius

Nov. 23 - Dec. 21

You are at your best when dealing with people on a one-to-one basis, so forget about your chores and get out into the world and have fun.



Capricorn

Dec. 22 - Jan. 20

The most important thing today, tomorrow and over the weekend is that you resist the urge to compare yourself to others. Set targets based on your own true desires.



Aquarius

Jan. 21 - Feb. 19

The world is full of possibilities and each one of those is there for you to make use of. Others may say certain things cannot be done, but you must ignore them.



Pisces

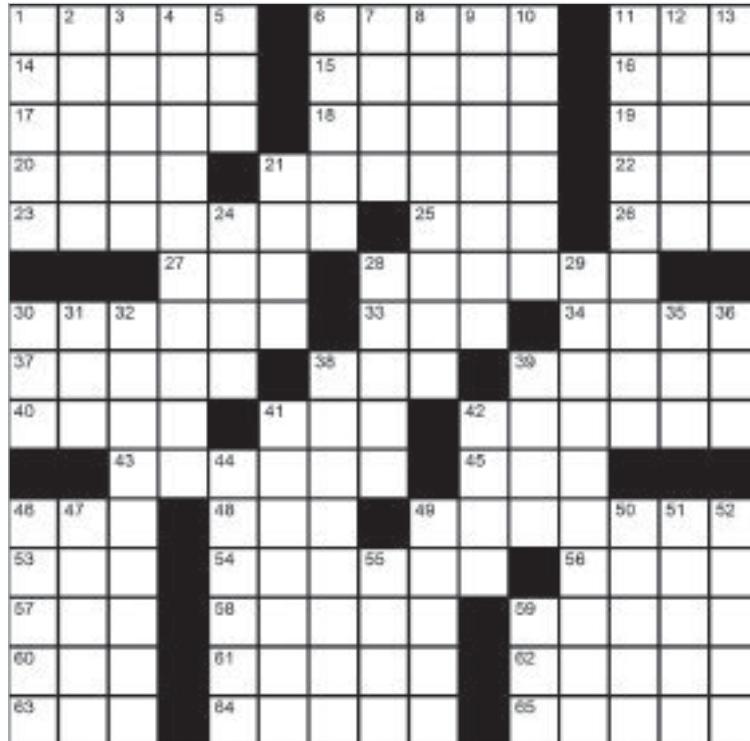
Feb. 20 - March 20

Put the past behind you and start again with a more positive attitude. Get over any guilty feelings you have about things you should have done.

Crossword: Canada Across and Down by Kelly Ann Buchanan

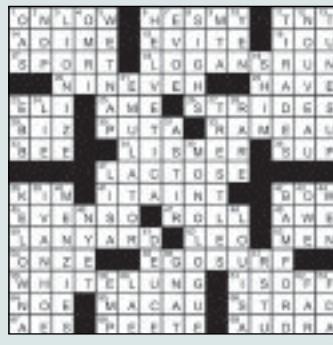
Across

1. ___ and potatoes
6. Hunks
11. Shirt
14. ___ Adler ("The woman" Sherlock Holmes held in high regard)
15. "We're off ___ the Wizard...": 2 wds.
16. Trip up
17. Late
18. Inner's opposite
19. Ms. Vardalos
20. Mideast chieftain, variably
21. Spacecraft's landing unit
22. ___-stick frying pan
23. Accelerate: 2 wds.
25. Oz character's coating
26. If I Didn't Care by The ___ Spots
27. Director Mr. Anderson
28. Doesn't let the subscription expire
30. Saunters
33. Adam's ___ (Water, colloquially)
34. Goes for
37. ___ panels (Eco-house features)
38. The ___ Who Loved Me (1977)
39. City in Ohio
40. Polar explorer Mr. Rasmussen
41. Not you, in Paris
42. Dan's The Blues Brothers (1980) role
43. The Scream artist Mr. Munch
45. French composer Francis
46. Fashionable
48. Picnic nuisance
49. Montreal theatre company
53. Ms. Ortiz
54. Salutation in Israel
56. Fill the position
57. Dog breed
58. Hurt ___ by Little Anthony & The Imperials
59. Chant for Mr. Mister
60. Grand-___ (Acadian setting of Longfellow's Evangeline)
61. Kate & ___ ('80s sitcom)
62. Hall & ___
63. "Aye."
64. The Who album: Live at ___
65. Lizard kind



3. Mysterious
4. Winnipeg Jets captain: 2 wds.
5. Keyboard piece
6. Bend low
7. Noisy
8. Shrewdly
9. Direct route
10. Tranquil
11. Cdn. athlete Milos Raonic: 2 wds.
12. The huntress Artemis unintentionally slayed him
13. Comedian-created caper
21. Dishevel
24. Cervid
28. Sort of transit
29. Popular Canadian cooking show (on which host/chef Stephen had a great sense of humour) that featured Asian cuisine: 3 wds.
30. Inquire
31. My, in French
32. Government numbers spot in the phonebook: 2 wds.
35. Also
36. Audio (abbr.)
38. Can be alphabetized, for instance
39. Mr. Alda
41. Beneath-the-street access
42. Pre-HS
44. Fief holder in the Middle Ages
46. Glad
47. Habituate to hardship
49. Cryptologist's "crackees"
50. ___-surface missile
51. An archangel
52. Ms. Witherspoon
55. Easy-going = ___-back
59. Tree of Hawaii

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

1	3	5	7	8	4	9	6	2
2	7	9	6	5	1	3	8	4
8	6	4	9	3	2	5	1	7
5	8	1	4	9	3	2	7	6
3	4	2	1	7	6	8	9	5
7	9	6	8	2	5	4	3	1
6	2	3	5	1	9	7	4	8
4	5	7	3	6	8	1	2	9
9	1	8	2	4	7	6	5	3

8	5			9	6
6		3	8		4
7				1	
5		1		8	
7	9	2	3		3
2	9			5	8
			4		

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12pm - 3pm | 5pm - 8pm

Notre Dame Campus

- Information displays for all RRC programs
- Open workspaces
- Campus tours
- Information sessions
- Meetings with instructors, academic advisors and support staff

Wednesday, February 18, 2015
9am - 2pm

Exchange District Campus

- Student residence tours
- Open workspaces
- Campus tours

Stevenson Campus

- Campus tours
- Meet with instructors and support staff

rrc.ca/openhouse